

+ Summer Cooking Workshops make cooking healthy, easy, and fun!



Montana Team Nutrition is pleased to offer three regional cooking workshops in August 2014. Target audience includes food service managers, cooks, and cook's assistants. These four-hour trainings will include a lunch meal, time to connect with and learn from peers, and new recipes.

Build a Rainbow on My Tray workshop, is a *cooking demonstration* course focusing on food preparation techniques and menu planning tips for serving healthy, colorful meals to meet the USDA regulations. Learn to reduce fat, sugar, and sodium while increasing fiber, flavor, and eye appeal.

Build a Rainbow on My Tray
9:00 a.m. – 1:00 p.m.

August 5, 2014, in Worden, Montana
Huntley Project School, FCS Room
1477 Ash St, Worden, MT 59088

Montana Cook Fresh is a *hands-on cooking* course. Participants will learn knife skills along with quick and easy techniques for preparing local, fresh foods in school meals programs. Learn tips and tricks from a local chef on how to prepare and present delicious foods with pizzazz! Same course offered twice.

Montana Cook Fresh
9:00 a.m. – 1:00 p.m.

August 5, 2014, in Missoula, Montana
Sentinel High School, FCS Room
901 South Avenue West, Missoula, MT 59801

Montana Cook Fresh
9:00 a.m. – 1:00 p.m.

August 8, 2014, in Malta, MT
Malta High School Kitchen
One High School Lane, Malta, MT 59538

**Trainings are free but preregistration is required. Registration deadline is seven days before date of training.
Space limited to 20 participants per site.**

Registration (Please Print)

Complete one registration form for each person attending and mail to Montana Team Nutrition Program, MSU, P.O. Box 173370, Bozeman, MT 59717, fax to: **406-994-7300**, or email maryann.harris@montana.edu
Call Montana Team Nutrition Program at 406-994-5397 for more information.

Name and Title _____ School District _____

Summer Telephone _____ Summer Cell Phone _____

Summer Mailing Address _____

Summer Email _____

I will attend training in: (Please check ONE course)

_____ Build a Rainbow on My Tray, August 5, 2014, in Worden, Montana

_____ Montana Cook Fresh, August 5, 2014, in Missoula, Montana

_____ Montana Cook Fresh, August 8, 2014, in Malta, Montana

